

# Time for you - wellbeing sessions

Join the H&F GP Federation Training Hub for a series of free online 6x30 minute wellbeing sessions.

*All sessions will take place on MS Teams from 13:30 - 14:00*

**You can register for the event here:**

<https://www.eventbrite.com/e/time-for-you-wellbeing-sessions-tickets-148521209937>

## Session 1: Tuesday 13<sup>th</sup> of April

- You are not a super robot
- Introduction to the resources available. You are the front line
- Emergency 'Stop' technique
- Information on the challenge we have all faced and its effects
- 6 rules for coping with the COVID crisis – Rule 1: Look after your biggest asset
- Diaphragmatic breathing exercise

## Session 3: Tuesday 27<sup>th</sup> of April

- Self-care – Skills and tips re moving and physical care, water, breaks, stand up, posture,
- 6 rules for coping with the COVID crisis – Rule 3: Isolate, don't be isolated
- Deskercise session
- Relaxation - breathing

## Session 5: Tuesday 11<sup>th</sup> of May

- breathing gif
- 6 rules for coping with the COVID crisis – Rule 5: Be kind....to yourself and others
- Teams and leadership:
  - Having a good team is the MOST important thing psychologically
  - Resilience lies between people in teams, and is the key to surviving all this
  - The 5-minute check-in chat
  - A laser focussed approach to team wellbeing
- Relaxation session - visualisation

## Session 2: Tuesday 20<sup>th</sup> of April

- Energy and our oxygen masks
- Emergency STOP technique
- 6 rules for coping with the COVID crisis – Rule 2: Proactively manage your own anxiety and stress
- 8 things to remember when working on your wellbeing
- Experts' tips on coping with lockdown stress:
  - Be kind to yourself
  - Deploy known stress management techniques
  - Think about what you can do, rather than what you cannot
  - Use this time to explore your creativity and live in the moment
  - Support for parents
- Mindfulness exercise – colour breathing and other resources

## Session 4: Tuesday 4<sup>th</sup> of May

- Quick stretch recap
- 6 rules for coping with the COVID crisis – Rule 4 Keep calm but don't carry on
- Overthinking: are you thinking yourself sad? How to get ruminating thinking under control
- Permission to have a little downtime – the importance of breaks
- Progressive muscle relaxation

## Session 6: Tuesday 18<sup>th</sup> of May

- 6 rules for coping with the COVID crisis – Rule 6: Keep looking up
- Full guided relaxation – the beach
- Thank you for all you are doing. You are amazing YOU GOT THIS